

Hello. My name is Dorothy Phelps. I am 79 years old and live in my own home at Malta House Apartments in North Syracuse. I have lived at Malta House for close to a year and a half.

I moved to Malta House from North Star apartments in Liverpool. The rent at North Star apartments was high and difficult to manage on my fixed income. I am very thankful to now be living in an accessible apartment that I can afford.

I began living alone in my own apartment after the death of my husband in 1997. I was weepy when I first moved to Malta House. Although I have two very supportive daughters, one in Rochester and the other in Chicago, they are unable to be with me on a daily basis. I needed to live where I could get the supports I require to remain independent.

At Malta House Apartments, I take part in an innovative program called Independent Living Services. The goal of ILS is to provide people in the program with all the medical, and social supports that they need to continue living independently in the community. Without this program, many seniors living at Malta House would need to move to a nursing home to get the care they require. A team of care providers which includes a doctor, nurses, social worker, therapists, aides, and drivers provide for our daily needs.

This team closely monitors our health care and makes adjustments to the care we receive on a daily basis as needed. This makes certain that people like me who live alone without family near by will have all of our needs met.

In addition to health care services, home health aide services, and social supports, I receive a hot lunch everyday and bag meals for supper. I enjoy these meals very much and they are a big help.

Older adults must have access to safe, affordable and accessible community based housing so that they can continue to live in the community long term.

It was so important for me to be able to find an affordable, accessible apartment complex such as Malta House so that I could take part in the ILS program and continue to live on my own.

I enjoy having my own apartment and furnishings around me. These things remind me of past times with family and friends. While I miss my daughters and wish I could spend more time with them, I have enjoyed making new friendships at Malta House. Malta House has become my home and the people there are my big extended family.

I am happy living at Malta House. Facilities such as this are very much needed by older adults living on fixed incomes. I hope that you will consider ongoing support for affordable, accessible housing such as Malta House to benefit the growing population of older citizens in Central New York.